

For Your Health

The Benefits of Pet Ownership

Rin Tin Tin: The Life and Legend of the World's Most Famous Dog! Ann Rosas of Senior Helpers will be at the Bedford Council on Aging on Thursday, September 19 at 11AM to talk about Rin Tin Tin and the benefits of owning a pet, such as lowered blood pressure. We will also get a special visit from Certified Pet Therapy Team, Elizabeth and her German Shepherd, Bruschi.



Polypharmacy in our Senior Population

Are you taking medications of any kind? More than 1 or 2? Do you take over the counter medication too? Come and find out what Polypharmacy means, why we all should care, and what, if anything, we should do about it. Laurie Moulis, LPN and Clinical Nurse Liaison from Concord Health Care will be leading this discussion on Thursday September 12 at 9:00 AM. Come enjoy some muffins and fruit breads during this program, and then work it all off at our 10 am exercise class!

Improve Your Balance and Posture

Join chiropractor Dr. Kevin Baer on Tuesday, September 17 at 1:00 PM for a seminar on improving your posture and balance. Dr. Baer will teach you simple and effective exercises to help you improve and maintain a straight and healthy spine and stature and to help you stay on your feet! Learn some new techniques including hypnosis!



Understanding Your Options

Understanding your options before a health need arises is critical to informed decision making that often occurs in a moment of crisis. Join Candy Costas, VP of Privatus Care Solutions, at the Bedford COA on Wednesday September 18 at 10:00 AM for a discussion of the various choices that are clinically safe, socially appealing, and financially appropriate. We will discuss the true realities of assisted living, rehab after a hospital stay, how to find trustworthy caregivers, and what is covered by insurance.

Home Safety and Fall Prevention

Are you afraid of falling? Are daily activities and mobility too difficult? Are you worried about someone being left alone at home? Are you moving or renovating and need recommendations on how to make your new home accessible? Join Karen DeRosas and Cindy Tulimeri of Independent Living Innovations at the Bedford COA on Wednesday September 25 at 12:30 PM for tips on how you can improve your quality of life and remain living safely in your home for as long as possible. ILI is committed to educating clients and caregivers with the tools to help their clients remain independent. This program is also helpful in reducing caregiver burden.

Health Services

Therapeutic Massage: Elements Massage of Woburn will be offering therapeutic chair massages every Wednesday from 10:30 AM - 12:30 PM. The cost is \$12 for a ten minute session (payable at the time of your massage). Please call the COA to schedule your appointment.

Podiatry Clinic: Dr. Bryant Tarr's next clinic is scheduled for **Friday September 27** from 8:00 AM to 11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Ask a Nurse: RN Michele Caron of GMVNA will be at the COA on **Friday September 13 at 1:00 PM** and **Monday September 30 at 11:00 AM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! If you have questions about health benefits, our SHINE counselor from Minuteman Senior Services will be available Wednesdays September 4 and 18 beginning at 2 PM. Call to make an appointment! If you cannot leave your home, she will call you.

Free Hearing Clinics: Brian Knight from Rogers Hearing Solutions will be here on Tuesday September 10 from 10:30-12. Joe Sarofeen of Apex Hearing will be here on Thursday September 19 from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need To Know

East Meets West

Our instructors from Oriental Healing Arts Association will be back this month for two more presentations as promised! Please call the COA at (781) 275-6825 to pre-register for these two programs

Traditional Chinese Medicine (TCM)

Monday September 16, 6:30 PM

“Over the past two years I have been diagnosed with cancer twice and suffered a stroke last June as a result of an accident. I chose to refuse the Western approach of radiation and chemotherapy and have been dealing with the cancer using alternative approaches, the TCM way. This has been a very beneficial process as my health is good and I have not had to deal with the serious side effects of chemo & radiation. I would not have been able to make that decision had I not traveled to China and gained the knowledge on a prior basis to consider other options.”

Tai Chi for a Speedy Recovery

Monday September 23, 6:30 PM

“As a result of my stroke, I was hospitalized in ICU for four days while the neurosurgeons considered surgery to relieve the stress on the brain. There were four neurologists involved on my case. During that time they noticed I had lost no neuro-motor skills and my cognitive skills were intact in spite of the large bleed. One of the doctors was Chinese and asked me what I did for a living. When I told him I have been teaching Taichi for many years, he nodded and told me that my neural pathways had been reprogrammed by the Taichi to minimize any neural losses. The Taichi in effect builds multiple redundancies in the cerebral cortex which explained the rapid recovery process. I could use all my extremities without impediment, walking, talking, balancing, etc. In fact, I was back teaching classes the following Tuesday after being released. This is consistent with the results of a University of Chicago study regarding Taichi & stroke recovery.”

Understanding Basic Estate Planning Terms and Documents

Dale Tamburro is back on September 11 at 1:00 for another presentation! He will be presenting and answering questions regarding: estate planning terminology, what probate is and how to avoid it, Health Care Proxy, Durable Power of Attorney, and how to protect your home if you need long term or nursing home care. Please call the COA at (781) 275-6825 to sign-up for this program. Dale will also be here to offer three individual 45-min. appointments (free of charge) beginning at 9:30. Please call to schedule.

Encore Presentation: Iceland

Join Carol and Ron Reynolds at the Bedford Council on Aging on September 16 at 1:00 PM as they show video and photos of their trip to Iceland. You will see magnificent waterfalls. Learn about an Icelandic delicacy. Experience climbing a volcanic cone. Find out about 'Lava bread.' Float among the icebergs in a glacial lagoon.

Intel Info: Bedford VA Police

Join Elder Affairs Officer Kristen Dineen on Monday September 30 at 10:00 AM for an introduction to the VA Police department. You will learn how they operate as well as how they work in collaboration with the Bedford Police. There may even be a special visitor joining us that day!

**ASK US ABOUT THE NEW SESSION OF
WATER FITNESS CLASSES AT ATLANTIS
SPORTS CLUB!
SPECIAL RATES FOR SENIORS!**

The Computer Corner

Computer Club A round table discussion will be held on **Wednesday September 4** at 10:00 AM. Please let us know if there are any special topics you are interested in learning about.

Computer Drop-In Resumes on **Tuesday September 10**. All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email! Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.